

造鋼
中國
手鼎

RECIPE AND
INSTRUCTION
BOOKLET FOR THE
AUTHENTIC CHINESE
HAND HAMMERED



WOK

THE HAND HAMMERED WOK

CONCEPT: You have purchased an authentic Chinese wok set. Your wok set was hand-crafted in the Guangdong Province of China. The Recipe/ Instruction Book is the only component not found in the homes of the people of China. Terms like “non-stick” . . . “anodized” . . . “flat bottom” . . . etc. apply to westernized modifications or woks of convenience rather than authenticity.

The three main distinguishable featured of an authentic Chinese wok are:

- Hand-crafted from cold rolled carbon steel for quick even heat distribution at high temperatures –
- Hand hammered indentations on the wok body allow foods to rest on the sides for warming or slower cooking –
- The rounded bottom has been perfectly designed to sit securely on all styles of gas or electric burners without using the wok ring –

CONTENTS: Before assembling your new hand hammered wok please check carefully to see that the wok set is complete. Your set should contain the following parts: Cover/knob – wok body – wooden handle – handle assembly screws – stove steamer ring – chan (spatula) – ladle – 2 wooden handle ends – bamboo cleaning brush – brass skimmer. Please notify your local store if any parts are missing.

ASSEMBLY INSTRUCTIONS: You can assemble your new wok in less than five minutes with a screw driver, hammer and a small nail. The most important step is the handle assembly.

1. Push the tapered end of the round wooden handle into the handle receptacle on the wok body. Align the pre-drilled handle holes with the holes in the handle receptacle. Tighten the screws firmly so that the handle is securely attached. If there are no pre-drilled holes in the wooden handle see step 2.

2. Omit this step if there are pre-drilled holes in the wooden wok handle. After inserting the handle push a small nail thru the holes in the wok receptacle and mark the wooden handle. Remove the handle and using the nail and the hammer make a starter hole for the screws. Now repeat step 1.

3. Screw the knob onto the cover.

4. Press the wooden handle ends into the metal ends of the ladle and chan. Now you are ready to clean and season your wok.

CLEANING: The sticky, oily finish on the wok and some of its components was applied at the factory in China. This was done to prevent rusting during the long journey from Guangdong Province to your home. Remove this finish using hot water and dish detergent. Rinse well and dry thoroughly before seasoning.

SEASONING INSTRUCTIONS: The porous carbon steel surface must be properly seasoned before using. Seasoning eliminates unnecessary sticking. You may want to re-season your wok at anytime to improve its performance.

After cleaning the wok thoroughly, apply a thin coating of cooking oil to the interior surface. Place in your conventional oven at 140-160 degrees F. for approximately 4 hours. Remove from the oven hourly and brush the oil gathered in the bottom of the wok back up and onto the sides.

CARE INSTRUCTIONS: Immediately after cooking, rinse the wok with hot water using your bamboo brush or a non-abrasive scrubber. Dry the wok thoroughly and apply a very small amount of cooking oil to the interior surface. The exterior of the wok can be scoured with an abrasive cleaner such as steel wool. Also, should you burn or scorch the wok interior you must use an abrasive cleaner to restore the surface. After this type of cleaning you will definitely have to re-season the wok.

BASIC RECIPES

To help you get cooking right away, we have included a few fun recipes. Your local kitchen shop or book store should have a good selection of cookbooks for wok cookery. The variety of dishes that you can prepare in your hand hammered wok is virtually endless.

CHINESE FRIED RICE

ingredients: 2 tsp. cooking oil
2 cups coarsely chopped onions
2 cups cooked rice-cold
2 eggs slightly beaten
1 tblsp. soy sauce
½ tsp. salt

Heat wok on high heat, add oil and fry onions until brown. Add cold rice and saute. Add eggs, seasoned with soy sauce and salt. Saute until done. For variety add:
2 cups of chopped meat (ham, shrimp, chicken) or chopped green pepper.

serves 4 to 6

STIR-FRIED PINEAPPLE CHICKEN

ingredients: 1/2 lb. boned chicken
1 lb. can drained pineapple bits
peanut oil
chicken broth
cornstarch
sesame oil
1 tsp. brandy
1 tsp. soy sauce
1 tsp. sugar

Cut chicken into thin slices. Heat several tablespoons of oil in wok on high heat. Add pineapple, several dashes of salt and cover with chicken broth. Cook for approx. 1 minute. Add chicken and cornstarch (diluted in water to make a thick paste), sesame oil, brandy, soy sauce, and sugar. Cook 2-3 minutes, stirring constantly.

serves 4-6

ASPARAGUS PEKING STYLE

ingredients: 2 tsp. cooking oil
1/4 cup chicken broth
1/4 cup water
2 tblsp. soy sauce
1 tblsp. cornstarch
1 lb. asparagus-cooked

Heat wok on high heat, add all ingredients except asparagus. Stir constantly until it boils. Add asparagus, heat thoroughly.

serves 4-6

SHRIMP CHOP SUEY

- ingredients 2 tblsp. cooking oil
 1 small onion peeled and chopped
 1/4 lb. mushrooms, trimmed, sliced thin lengthwise through
 the stems
 1/2 lb. shrimp, cleaned, deveined and cut in half
 1/2 cup water
 1 (10-oz.) package frozen Chinese-style stir
 fry vegetables with seasoning mix, partially thawed
 2-4 cups of hot cooked rice

Heat wok on high heat, add oil. Add onion and mushrooms. Stir fry about 1 minute. Add shrimp and stir fry until they are firm and pink. Add water and bring to a boil. Stir in the Chinese vegetables – keeping seasoning package aside. Return to a boil. Cover wok and lower heat. Steam for 2-3 minutes or until vegetables are heated through. Stir in seasoning mix. Serve over hot cooked rice.

serves 4-6

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